

**Hong Kong Shue Yan University  
Minor Programme**

**Department of Counselling and Psychology**

**Minor Programme Offered: Minor in Psychology**

**(Available for Year 1 Entry: 2016 cohort onwards; Year 2 Entry: 2017 cohort onwards; Year 3 Entry: 2020 cohort onwards)**

- 1) Students are required to complete a minimum of 15 credits with 1 compulsory course and choosing 4 courses out of the 6 courses offered:

<b>Course List</b>			
<i>Course Code</i>	<i>Course Title</i>	<i>Credits</i>	<i>Pre-requisite</i>
<b>Compulsory</b>			
PSY100	Introductory Psychology #	3	NIL
<b>Choose 4 courses out of 6</b>			
PSY209	Positive Psychology	3	PSY100
PSY303	Health Psychology	3	PSY100
PSY306	Business Psychology	3	PSY100
PSY309	Industrial and Organizational Psychology	3	PSY100
PSY320	Motivation and Learning	3	PSY100
PSY390	Psychopathology	3	PSY100

\* The course list is subject to change without prior notice.

# Should complete before the end of Year 2 First Semester

**DESCRIPTION OF COURSES (MINOR IN PSYCHOLOGY)**

**Psy. 100 Introductory Psychology**

**1 Term; 3 Credits**

This course aims to provide a panoramic view on the versatility and diversity in psychology. Students will be introduced to the major findings, theories and controversies in this field.

At the completion of the course, it is anticipated that students will be able to:

- a) recognize and identify major schools and perspectives in psychology;
- b) clearly differentiate between various research methods in psychology;
- c) name major theories in various fields of psychology;
- d) apply the skills of critical analysis;
- e) work effectively as part of a team; and
- f) correctly use in-text citations, quotation marks and create a References page conforming to APA style criteria.

**Psy. 209 Positive Psychology**

**1 Term; 3 Credits**

Traditionally, the foundation for Clinical and Counselling Psychology has been based on the psychopathological perspective. Positive Psychology is the recent movement in psychology led by Martin Seligman, and represents a more positive way of viewing the human mind, personality, emotions and behaviour. This course will provide an introduction to the study of topics (e.g. positive emotions, subjective well-being, strengths and virtues, mindfulness, gratitude, hope, spirituality, resiliency) related to the positive aspects of human experience. The course will first provide an overview of the history, definition, and significance of positive psychology. Then, the course will be dedicated to unpacking the complex concepts of happiness and flourishing, and examining the mechanisms/factors that cause and maintain these two key components of positive psychology. Topics will be connected to their implications for increasing well-being throughout the course. The relevance and importance of applying positive psychology will also be discussed.

### **Psy. 303 Health Psychology**

**1 Term; 3 Credits**

Health Psychology stands as one of the newer sub-disciplines within the field of Psychology. It reflects the increasing recognition of the far-reaching influence of psychological factors on what have traditionally been considered as biomedical outcomes. This course aims to guide students to a coherent understanding and informed appreciation of the influential paradigms, historical context, theoretical frameworks, general topics of inquiry, and investigative methods of relevance in this developing field. Students will be shown how current scientific trends have led to a reframing of body-mind process as unified, processual, and socially-embedded. Special attention will be given to the cultural aspects of health psychology and well-being.

### **Psy. 306 Business Psychology**

**1 Term; 3 Credits**

Business Psychology is a practical discipline in which knowledge of business and knowledge of psychology are welded together to challenge and help organizations and their people. Organizations come into being in response to market needs, and grow when they are indeed responsive to market needs. This course focuses on utilizing systems and skills in psychology to gauge and create market needs, and gearing organizations towards becoming market-sensitive and market-driven.

### **Psy. 309 Industrial and Organizational Psychology**

**1 Term; 3 Credits**

The course concentrates on how psychological knowledge and methods can be applied in industrial and organizational settings. It focuses on the application of psychological principles to management and leadership training, executive training, the psychology of success, the commercial world and coping with different people at work. Particular topics on such matters as work description and performance appraisal, recruitment and selection techniques, group behaviour, staff development, motivation, leadership, research methods and future directions of I/O psychology are covered.

### **Psy. 320 Motivation and Learning**

**1 Term; 3 Credits**

The course aims at introducing students theories and empirical studies in human learning and motivation. Concerning motivation-related themes, this course covers various topics in drives, instincts, goals, self-control, self-regulation, emotion and motivation, and etc. In addition, the course is aimed at developing students' abilities to explore people's conceptual or behavioural changes from the perspective of their motivation. In lectures and tutorials, students are encouraged to apply motivational theories to the local context and their daily lives.

### **Psy. 390 Psychopathology**

**1 Term; 3 Credits**

This course aims to expose the students to the diversity of the field highlighting the interactions among neurophysiological, psychodynamic, cognitive-behavioural and sociocultural factors in the study of psychopathology.